

Maryland Fish Consumption Advisories

for Recreationally Caught Fish in Charles County, MD

Guidelines for Recreationally Caught Fish Species in Maryland Fresh, Estuarine, and Marine Waters

Recommended Meal Size: 8 oz or 9 crabs - General Population and Women; 3 oz or 4 crabs - Children

Note: Consumption recommendations based on spacing of meals to avoid elevated exposure levels

1 **Women** = women of childbearing age (women who are pregnant or may become pregnant, or are nursing)

2 **Children** = all young children up to age 6

♥ = Fish contains more than 1g beneficial fatty acids in a fillet the size of 2 decks of cards

✕ = Fish where all dark meat and/or Belly Fat has been removed

Contaminant present in fish: * Mercury Δ PCBs + Pesticides

Species	Waterbody	Recommended Meals/Month		
		General Population	Women ¹	Children ²
American Eel	Patuxent River Δ	3	3	3
	Potomac - 301 Bridge to DC Line Δ	1 every other month	1 every other month	1 every other month
Blue Catfish	Potomac - 301 Bridge to DC Line 12" - 15" Δ	4	4	4
	15" - 24" Δ	2	2	1
	24" - 30" Δ	1	1	1 every other month
	> 30" Δ	Avoid	Avoid	Avoid
	> 30" Δ ✕	2	2	1
	Potomac: Mouth to 301 12" - 15" Δ	4	4	4
	Δ	2	2	1
	24" - 30" Δ	1	1	1 every other month
	> 30" Δ	Avoid	Avoid	Avoid
	> 30" Δ ✕	2	2	1
Blue Crab	Chesapeake Bay and Tributaries Δ	No Limit	No Limit	No Limit
Blue Crab "Mustard"	Chesapeake Bay and Tributaries Δ	Eat Sparingly	Eat Sparingly	Eat Sparingly
Channel Catfish	Patuxent River Δ	2	2	1
	Potomac - 301 Bridge to DC Line < 18" Δ	1 every other month	1 every other month	Avoid
	> 18" Δ	Avoid	Avoid	Avoid
Common Carp	Potomac - 301 Bridge to DC Line Δ	Avoid	Avoid	Avoid
Large and Smallmouth Bass ♥	Myrtle Grove Lake *	No Limit	No Limit	8
	Patuxent River Δ	No Limit	No Limit	No Limit
	Potomac River - 301 Bridge to DC Line Δ	6	6	5
Northern Snakehead	Potomac - 301 Bridge to DC Line Δ	3	3	3
Spot ♥	Chesapeake Bay and Tributaries Δ	5	5	4
	Patuxent River Δ	5	5	4
	Potomac: Mouth to 301 Δ	5	5	4

Maryland Fish Consumption Advisories

for Recreationally Caught Fish in Charles County, MD

Guidelines for Recreationally Caught Fish Species in Maryland Fresh, Estuarine, and Marine Waters

Recommended Meal Size: 8 oz or 9 crabs - General Population and Women; 3 oz or 4 crabs - Children

Note: Consumption recommendations based on spacing of meals to avoid elevated exposure levels

1 **Women** = women of childbearing age (women who are pregnant or may become pregnant, or are nursing)

2 **Children** = all young children up to age 6

♥ = Fish contains more than 1g beneficial fatty acids in a fillet the size of 2 decks of cards

✕ = Fish where all dark meat and/or Belly Fat has been removed

Contaminant present in fish: * Mercury Δ PCBs + Pesticides

Species	Waterbody	Recommended Meals/Month		
		General Population	Women ¹	Children ²
Striped Bass (Rockfish) ♥	Chesapeake Bay and Tributaries	< 28" Δ ✕	No Limit	7
		< 28" Δ	3	2
		> 28" Δ ✕	No Limit	5
		> 28" Δ	1	1 every other month
Sunfish (including Bluegill)	Patuxent River Δ	No Limit	No Limit	7
	Potomac - 301 Bridge to DC Line Δ	2	2	2
White Catfish	Potomac - 301 Bridge to DC Line Δ	Avoid	Avoid	Avoid
White Perch	Patuxent River Δ	No Limit	No Limit	No Limit
	Potomac - 301 Bridge to DC Line Δ	3	3	3
	Potomac: Mouth to 301 Δ	6	6	6
Yellow Bullhead Catfish	Patuxent River Δ	5	5	4